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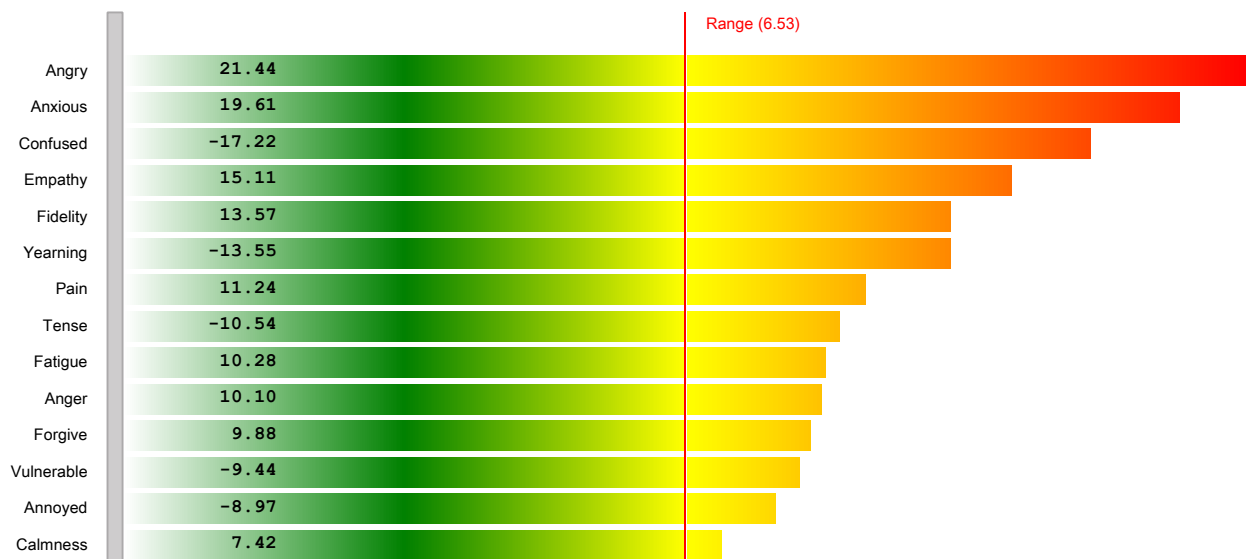
Session Date: 3/23/2020
Range: 6.53
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Emotions Report

EMOTIONS & ASSOCIATED VIRTUAL ITEM RESPONSES

This report displays a chart of Virtual Item responses for emotions, followed by top 5 affirmation statements and top 5 neurotransmitters. The top 5 Bach Flowers and Australian Flower with descriptions are also displayed, if applicable, as well as a list of all affirmation statements scanned.

EMOTIONS BIOMARKERS



TOP 5 AFFIRMATION STATEMENTS

- 25.52 I love every part of my body.
- 22.53 When I forgive others, I too am forgiven.
- 21.30 I forgive myself for the affection and love I have withheld in anger.
- 21.25 My financial worth and my worth as a person are two separate things.
- 21.12 I accept that my relationships change over time.



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NEUROTRANSMITTER BIOMARKERS

TOP 5 NEUROTRANSMITTERS w/ Description

26.97 **L-Dopa**

L-DOPA is one of the basic neurotransmitters of the brain but is also found in several foods. In therapy L-Dopa has been used for chronic depression, arrhythmia and some of the symptoms of Parkinson's disease.

-19.42 **Vit B-6 (Pyridoxine)**

Pyridoxine is required for the balancing of hormonal changes in women as well as assisting the immune system and the growth of new cells. It is also used in the processing and metabolism of proteins, fats and carbohydrates, while assisting with controlling your mood as well as your behavior. Pyridoxine might also be of benefit for children with learning difficulties, as well as assisting in the prevention of dandruff, eczema and psoriasis.

It assists in the balancing of sodium and potassium as well promotes red blood cell production. It is further involved in the nucleic acids RNA as well as DNA. It is further linked to cancer immunity and fights the formation of the toxic chemical homocysteine, which is detrimental to the heart muscle.

Women in particular may suffer from pre-menstrual fluid retention, severe period pains, emotional PMS symptoms, premenstrual acne and nausea in early pregnancy. Mood swings, depression as well as loss of sexual drive is sometimes noted when pyridoxine is in short supply and the person is on hormone replacement therapy or on birth control pills.

Deficiency: Irritability, nervousness and insomnia as well as general weakness, skin changes such as dermatitis and acne as well asthma and allergies might develop when pyridoxine is in short supply. Symptoms may include nails that are ridged, an inflamed tongue as well as changes to your bones - which can include osteoporosis and arthritis. Kidney stones may also appear.

Vitamin B6 deficiency symptoms will be very much like those of B2 and B3. Vitamin B6 is needed by the body to manufacture its own B3 vitamin.

Pyridoxine should be taken together with the entire B group vitamins, and in supplementation the quantity of B6 should be nearly the same as B2, as the B 2 is needed to activate the Pyridoxine.

Vitamin C is a good partner in nutrition and magnesium, sodium, potassium, zinc, linoleic acid and fatty acids make good running mates.

Should you be taking antidepressants, contraceptive pills or be on hormone replacement therapy you may need more of this vitamin. As this vitamin is readily lost in the urine, it must be taken regularly to ensure an adequate amount in the body.

Anybody on a very high protein diet, using alcohol, or allergic to MSG (mono sodium glutamate) and/or tartrazine may also consider increasing their vitamin B6 intake.

Good sources to obtain pyridoxine from are brewer's yeast, eggs, chicken, carrots, fish, liver, kidneys, peas, wheat germ, walnuts,

19.03 **A-Endorphin**

A-Endorphin is a 16 amino acid peptide. It is produced by the hypothalamus and contains potent morphine-like activity. It is in the same family of hormones as the Enkephalins and the Dynorphins. a-Endorphin has a slight biphasic variation throughout the menstrual cycle. Levels of a-Endorphin increase during the luteal phase leading to the increase of Luteinizing Hormone at midcycle. a-Endorphin secretion runs parallel with ACTH secretion and is controlled by the same factors as ACTH.

-17.47 **GABA**

GABA or aminobutyric acid, is a nonprotein amino acid that functions as a neurotransmitter. It has hypertensive and antischizophrenic properties that make it an important therapy and product for research in medicine. Gaba is basic to human metabolism and common to a normal diet. Gaba is the most widespread of the special amino acids and it is seldom absent from plant extract analysis. In therapy GABA is often used in cases of people with a high degree of irritability. It has also been noticed that it works well on hypertension.

-16.09 **Orthomethyl Serotonin**

[No main description available]

BACH FLOWERS

TOP 5 BACH FLOWERS

- 22.17 **Walnut**
- 18.08 **Mimulus**
- 16.84 **Mustard (Bach)**
- 11.24 **Honeysuckle**
- 10.68 **Vervain**

TOP 5 BACH FLOWERS w/ Description

22.17 **Walnut**

Walnut is for those who find it difficult to adapt to change or who are over-sensitive to certain ideas, atmospheres and influences. It is the remedy for times of major life changes - teething, puberty, pregnancy, divorce, menopause, changes of religion, moving a job or home, giving up an addiction or breaking away from old ties and restrictions, also for the regrets caused by change - loss of friends and familiar circumstances, ageing, bereavement, approaching death, etc.

Those in need of Walnut have definite ideals and ambitions and are keen to move forward in life but are held back or side-tracked by the influence of a stronger personality, by restrictive circumstances, by family ties or links with the past. They may be temporarily affected by another's personality or problems: it is useful for therapists, healers and counselors dealing with emotionally troubled or draining clients.

The positive potential of Walnut is the ability to move forward and remain steadfast to one's path in life, free of the past and to make necessary changes in life, carrying plans through despite discouragement, objections or ridicule from others.

It is the remedy that provides constancy and protection from the influence of others.

18.08 **Mimulus**

Mimulus is for fear from known causes, such as: illness, death, accidents, pain, the dark, cold, poverty, other people, animals, spiders, public speaking, loss of friends or job, dentistry, etc. It is for people who suffer from fears that can be easily named. Sufferers may be artistic and talented, but shy and retiring and can be tongue-tied in company. Mimulus is good for shy, timid, sensitive children, afraid of animals, the dark, etc. (see also Larch).

The positive potential of Mimulus is the personality possessed of quiet courage to face trials and difficulties with humor and confidence. They can stand up for themselves, and with the emotions under complete control can enjoy life without fear.

16.84 **Mustard (Bach)**

Mustard is for sudden depression which descends out of the blue and lifts just as suddenly for no apparent reason. This gloom can be very severe; it is like the descent of a cold dark fog, overcasting everything and destroying normal cheerfulness. The sufferer is completely taken over by gloom and unable to shake it off at will.

The positive potential of Mustard is the return of joy, supported by an inner stability and peace which cannot be shaken or destroyed under good circumstances or bad.

11.24 **Honeysuckle**

Honeysuckle is for over-attachment to past memories. People in need of Honeysuckle tend to live in the past, in a state of homesickness or nostalgia. They have regrets but are unable to change present circumstances since they are constantly looking back at the past. They may be attached to lost loved ones, or to happier days, or unable to get over unhappy past experiences. They find it difficult to get over bereavement and constantly refer to the past in conversation.

Honeysuckle can be very helpful to bereaved or redundant people, or to those who have failed in business and especially to older people who live alone.

The positive potential of Honeysuckle is the ability to live in the present, no longer experiencing the past as overpowering, but seeing it as valuable experience, providing lessons for today. The person can now move forward in life with no regrets. Ageing is accepted as a natural process.

10.68 **Vervain**

Vervain is for those with fixed principles and ideas, which they are confident are right and which they rarely change; those needing Vervain are determined but highly strung, over-achieving and keyed-up. They put unnecessary effort into everything they undertake, pushing themselves beyond their physical limits.



Their minds race ahead of events; they take on too much work and try to tackle too many jobs at once.

Those people are strong-willed and hold strong views. Sensitive to injustice and dedicated to causes, often self-sacrificially, their own-enthusiasm can be fanatical, so that they alienate potential allies and converts.

They may suffer from lack of sleep due to their active minds and inability or unwillingness to relax. Demonstrative in speech and movement, they can be irritable, frustrated and annoyed over matters of principle.

The positive potential of Vervain is the person who is calm, wise, tolerant and able to relax. Although they hold strong views, they can change them when appropriate and do not need to impose them on others. They take a broad view of life and events.

Positive Vervain people understand, as Dr Bach wrote: 'It is by being rather than doing that great things are accomplished.'

AUSTRALIAN FLOWERS

TOP 5 AUSTRALIAN FLOWERS

- 24.09 **Black-eyed Susan**
- 21.75 **Bush Fuchsia**
- 20.48 **Five Corners**
- 16.96 **Banksia Robur**
- 15.45 **Philotheca**

TOP 5 AUSTRALIAN FLOWERS w/ Description

24.09 **Black-eyed Susan**

For people who are impatient or always 'on the go'. These people are continually rushing and their lives are always overflowing with commitments. This Essence enables these people to slow down, to reach that still centre within and find calmness and inner guidance.

Positive Outcome:

- ability to turn inward and be still
- slowing down
- inner peaces

Negative Condition:

- impatience
- 'on the go'
- over committed
- constant striving

REFERENCES:

ausflowers.com.au (2011). Black-Eyed Susan. Retrieved from <http://www.ausflowers.com.au/shop/scditem.asp?prodid=6&catid=1>

21.75 **Bush Fuchsia**

This Essence assists with problem solving and improves one's access to intuition - it helps a person to trust their own 'gut' feelings. It allows for balance between the logical/rational and the intuitive/creative, i.e. the integration between the male and female aspects. It will give people courage and clarity in public speaking as well as the ability to speak out about their own convictions.

Positive Outcome:

- courage to speak out
- clarity
- in touch with intuition
- integration of information
- integration of male and female aspects

Negative Condition:

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- switched off
- nervousness about public speaking
- ignoring 'gut' feelings
- clumsy

REFERENCES:

ausflowers.com.au (2011). Bush Fuchsia. Retrieved from <http://www.ausflowers.com.au/shop/scditem.asp?prodid=11&catid=1>

20.48 Five Corners

This tall, proud shrub gets its name from its fruit which has five corners. Five Corners corresponds with the anatomical position of arms and legs spread with the fifth point being the head. This Essence allows the life force to flow through to these five centers. When this happens a person feels good and strong in themselves. They feel their own love and beauty. The Essence resolves low self esteem, lack of confidence and diminished self love. In the negative mode the person will appear crushed and 'held in'.

Positive Outcome:

- Love and acceptance of self
- Celebration of own beauty
- Joyousness

Negative Condition:

- Low self esteem
- Dislike of self
- Crushed, held-in personality
- Clothing drab and colorless

REFERENCES:

ausflowers.com.au (2011). Five Corners. Retrieved from <http://www.ausflowers.com.au/shop/scditem.asp?prodid=18&catid=1>

16.96 Banksia Robur

Banksia Robur is commonly known as Swamp Banksia as it is usually found by creek banks. This Essence addresses temporary loss of drive and enthusiasm due to burn out, disappointment or frustration. It is different to Old Man Banksia as it is for people who are normally very dynamic. It will pick them up out of the 'bog' they are in and get them back on solid ground and going again. When bathing add seven drops of this Essence to the bath which will enhance the effects of the remedy as it will assist in washing away negativity.

Positive Outcome:

- enjoyment of life
- enthusiasm
- interest in life

Negative Condition:

- disheartened
- lethargic
- frustrated

REFERENCES:

ausflowers.com.au (2011). Banksia Robur. Retrieved from <http://www.ausflowers.com.au/shop/scditem.asp?prodid=3&catid=1>

15.45 Philotheca

This Essence allows people to accept acknowledgment for their achievements and to 'let in' love. They are often good listeners and generous, giving people. It allows shy people to speak of their plans and success. In its natural environment, the flower is easily overlooked and often mistaken for other species.

Positive Outcome:

- ability to receive love and acknowledgement
- ability to let in praise

Negative Condition:

- inability to accept acknowledgement
- excessive generosity

REFERENCES:



